

Tobacco Cessation

Patient Education
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Introduction

Whether you smoke cigarettes, cigars, pipes, E-cigs, or use smokeless tobacco, the VA's Tobacco Cessation Program can help you quit.

Tobacco is the number one cause of preventable illness in the United States. Tobacco increases your chance of having a heart attack or stroke and it can cause damage to your lungs and in many cases lead to emphysema. Tobacco is also known to cause cancer of the lungs, bladder, kidney, pancreas as well as mouth and throat cancers.

Even if you have tried to quit before and have been unsuccessful don't give up! Studies have shown that it takes an average of 6-8 quit attempts before some people are able to quit permanently. Think of tobacco use as a chronic disease like high blood pressure or diabetes...you will need to work at it to become a non-tobacco user.

Nicotine Addiction

Nicotine is a substance that occurs naturally in tobacco that causes temporary feelings of pleasure, relaxation or stimulation, and stress reduction. Nicotine is the addictive part of tobacco but is not by itself harmful to your body. The other 7000 plus chemicals that are added to the tobacco are what harms your body. Some of the more harmful chemicals include but are not limited to the following:

- Carbon Monoxide
- Hydrogen Cyanide
- Ammonia
- Lead
- Cadmium
- Polonium-210
- Arsenic
- Benzene
- Formaldehyde

Smokeless tobacco even though it is not burned also contains some of these harmful chemicals. Other products such as E-Cigarettes may also be harmful to you and your health.

When you use tobacco, a high concentration of nicotine enters your body rapidly and travels to your brain. Nicotine causes a short-term increase in blood pressure, heart rate, and the flow of blood from the heart. It also causes the arteries to get smaller. Smoke has carbon monoxide in it which reduces the amount of oxygen in the blood and also increases the amount of fatty acids, glucose and various hormones in the blood.

What Tobacco Does to You

- Causes erectile dysfunction in men, makes osteoporosis worse in women
- Raises blood pressure
- Ruins lungs, gives you a cough
- Deadens flavors and aromas
- Poisons air your family breathes
- Causes heart attack, cancer, stroke
- Wrinkles skin, makes clothes, hair and breath stink
- Raises risk of cataracts, blindness
- Sets bad example for kids, grandkids

Symptoms of Nicotine Withdrawal	How to Cope
Irritability	Avoid Stress, Practice Relaxation Techniques, Exercise
Fatigue	Get more sleep, Take naps, Don't push yourself
Dizziness	Get up slowly from sitting position
Stress	Practice relaxation techniques, Avoid stress, Exercise
Depressed mood	Do something FUN, Get support from family/friends, Talk to your doctor
Difficulty Concentrating	Avoid stress, Plan your day accordingly
Difficulty Sleeping	Reduce Caffeine consumption
Stomach Pain, Constipation, Gas	Drinks plenty of fluids, Eat Fruits and Vegetables
Increase Appetite or Weight Gain	Drink lots of water, Eat Low Calorie snacks
Coughing, dry throat, runny nose	Drink fluids, Eat sugar-free candy, Use Cough drops
Craving for Tobacco	Use Nicotine Replacement, DEADS strategy (Delay, Escape, Avoid, Distract, Substitute)

Benefits of Not Using Tobacco

After you quit using tobacco, your body will start to heal and you will start seeing many improvements.

20 Minutes after you quit

Blood pressure and Heart rate decrease
Temperature of your hands and feet increases

12 hours after you quit

Oxygen level in your blood increases
Carbon Monoxide level in your blood decreases

24 hours after you quit

Anxiety and Irritability may start due to withdrawal from nicotine. These will get better the longer you stay away from tobacco

2-3 days after you quit

Nerve endings start to re-grow
Taste and smell sensations improve

1 week after you quit

Tobacco cravings and urges may be less frequent and shorter in duration

2 weeks after you quit

Circulation improves
Nicotine withdrawal symptoms should be improving

1-3 months after you quit

Heart attack risk is decreased
Lung function is improving
Smoker's cough should be gone

1-9 months after you quit

Smoking related nasal congestion, fatigue, and shortness of breath should be improving

1 year after you quit

Cardiovascular disease, heart attack, and stroke risk has dropped to less than half of a smoker.

5 years after you quit

Stroke risk is decreased

10 – 15 years

Stroke and heart attack risk is similar to a nonsmoker
Lung cancer risk is 30-50% less than a smokers

Medications To Help You Quit

Medication	Comments	Length of Treatment	Some Possible Side Effects	Ways to cope with Side Effects
Nicotine Patch	Gives you Nicotine through your skin at a constant rate	Decreasing doses over about 2 months	Skin rash Vivid dreams Dry mouth	Rotate site of Patch Stop wearing patch to bed Use cough drops or sugar free candy
Nicotine Gum	Gives you Nicotine through the mouth	Decreasing doses over 2-3 month period	Sore Mouth/Jaw Indigestion Dizziness Nausea	Rotate site of gum placement
Nicotine Lozenges	Gives you Nicotine through the mouth	Decreasing doses over 2-3 months	Sore mouth Belching Dizziness Nausea	Rotate site of gum placement
Bupropion SR	Does not contain Nicotine Reduces withdrawal symptoms/urges	Start 2 weeks before your quit date then continue for 2-6 months	Insomnia Dry Mouth Elevated BP	Use cough drops or sugar-free candy Report any elevated BP readings to your provider
Varenicline (Chantix)	Does not contain Nicotine Blocks withdrawal symptoms/urges	Start 1 week before your quit date then continue for 3 months	Nausea/Vomiting Trouble sleeping Strange dreams Agitation/Irritability Depression/Suicidal Thoughts	Take medicine with a full glass of water Report any abnormal behaviors or Suicidal thoughts immediately. Call the Veterans Crisis Line 18002738255 and press 1

Getting Ready For Quit Day

Setting your Quit Date is the first step. Then you will need to prepare yourself and your surroundings for your new life as a nonsmoker! Here are some tips to help you with this.

- Plan out your tobacco use so you will run out by your quit date.
- Remove all tobacco from your home/car/work
- Remove all ashtrays/lighters/spit bottles (don't forget your car)
- Clean up your smoking areas to remove the smell which can be a trigger for you to use tobacco.
- Go to the store and stock up on tobacco substitutes like sugar-free gum/candy, fresh veggies, toothpicks, straws, and cinnamon sticks.
- Think about hobbies or activities you can do to keep yourself busy
- Know your triggers to use tobacco so you can plan on how to deal with them when they occur
- Find a support person for example: Friend/Family/Co-worker or you can use the VA resources such as Tobacco Cessation Group or classes, Stay Quit Coach App, Smokefree Vet Texting, QuitLine.
- Stop Carrying Tobacco with you
- Make a list of reasons you want to quit and keep it with you at all times

Quit Day

Set a date within 2 weeks of the date you decide you want to quit using tobacco, mark your date in bold letters on your calendar and tell your family and friends you plan to quit and how they can help you.

The most important thing is to make your quit date a positive experience. Try not to schedule too many events for this day and avoid any known stressful situations. Try to stay busy but not to the point of causing stress. Drink plenty of water; go for a walk or exercise to help relieve tension. Change your routine up to avoid any potential triggers from habits you have formed. Here are some suggestions:

Drive to work/school/home a new route	Switch the order of your morning routine
Take your work break inside	Get up from the table as soon as you're done eating
Have your morning coffee in a new mug	Sit in a different chair than your usual

Tips for Success

- Change your routine.
 - Tobacco use is typically out of habit so you probably use while doing the same activities or following the same routines. Even a small change like driving a different route to work/school/home can make a big difference
- Reduce Caffeine intake and increase water intake
- Increase Physical Activity
- Limit your contact with other tobacco users
- Do not buy, carry, light or hold tobacco products for others
- Ask others for help
- BE PATIENT Remember you didn't develop this habit overnight so you won't be able to completely quit overnight either.
- Plan ahead for stressful situations and how you can cope with them.
- Keep yourself busy
- Keep your hands/mouth busy with things like straws, toothpicks, hard candy, gum
- DEADS strategy
 - Delay ~ The urge will go away whether you use tobacco or not. Waiting the urge out can be easier than you think especially if you can keep yourself busy for 5-10 minutes
 - Escape
 - Avoid
 - Distract
 - Substitute

Resources to Help You

Quit-Vet Line 1-855-QUIT-VET (1-855-784-8838) Monday through Friday 8am-10pm

SmokeFree Vet Mobile texting service

- Text Vet to IQUIT (47848) from Mobile phone
- No cost to sign up but standard messaging and data rates apply. So if veteran pays for individual texts this may not be right for them.

Stay Quit Coach Mobile App

- Free from your app store. Requires iOS 4.3 or later. Compatible with iPhone, iPad, and iPod touch. This app is optimized for iPhone 5.

Individual appointments/classes at the Clarksburg Facility on Tuesday and Thursday's with a consult placed by your provider

Group Classes every Wednesday at 9am at the Clarksburg Facility

For More Questions or information contact: Claudia Nuzum RN, BSN at 304-623-3461 Ext 2094.

Quit Tobacco Contract

YES I CAN! YES, I WILL!

Fill in these blanks. Then Photocopy this page and put one on your refrigerator and keep one with you. Look at it often.

I am quitting tobacco because:

I will reward myself for my success in these ways:

1 Week

1 Month

6 Months

1 Year

If I ever have another smoke, I will give money to this organization that I can't stand:
